

# Puberty

## Puberty

This is a time of many changes for your teen.

As a parent you may have questions about how to talk to them about puberty, and what to expect.

- **Start the conversation early.** You can explain the basics and answer any questions they may have before they notice changes with their body
- **Be reassuring and supportive.** Encourage them to know that everyone goes through puberty, and at different paces/times to alleviate any insecurities or embarrassment.

## Additional resources

[How and When to Talk to Your Kids About Changing Bodies Stages of Adolescence](#)

## Books about puberty

“Where Did I Come From?” by Peter Mayle

“What’s happening to me?” by Peter Mayle and Arthur Robins

“Sex is a Funny Word” by Corey Silverberg

“You know, sex” by Corey Silverberg

“It’s Perfectly Normal” by Robie H. Harris

“It’s Not the Stork” by Robie H. Harris

## Girls

[Your Changing Body](#)

[Physical Development](#)

[Healthy Teens | ACOG](#) - periods

## Boys

[Physical Development](#)



Riley Children's Health  
Indiana University Health

[rileychildrens.org](http://rileychildrens.org)